

05/16/25

Free Talk

Ligament 韧带

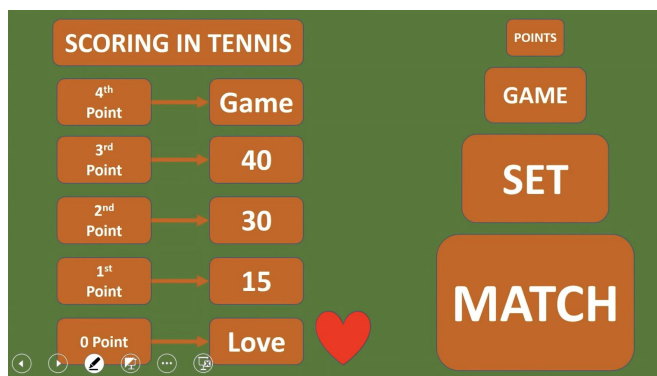
Healing takes time, especially with serious injuries. 伤筋动骨一百天

Unsportmanlike - 不符合体育精神的、不公平的、不光彩(的行为)


Cane 拐杖

CEO - Chief Executive Offer

Some tennis rules:



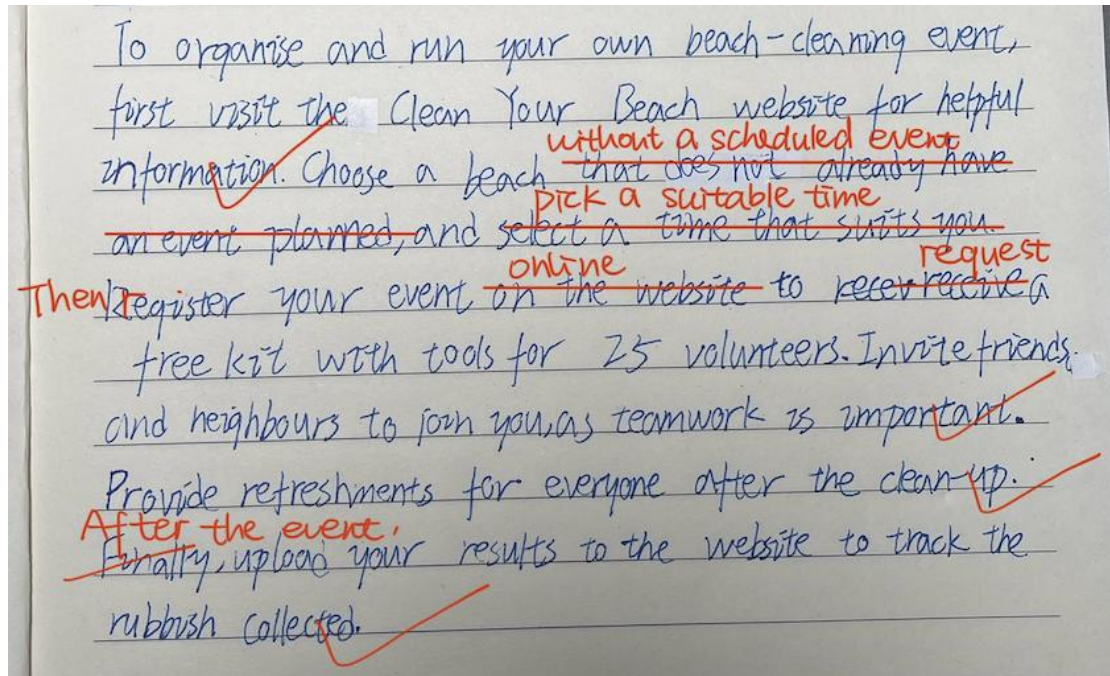
Love - 网球比分中的“零分”

PLAYER	Game Score
YOU 	00
OPPONENT	15

Love - Fifteen

Homework Analysis - Writing

Summary



1 → Choose a beach that does not already have an event planned... →

Choose a beach without a scheduled event...

Does not already have = without

An event planned = a scheduled event

2 → ... and select a time that suits you. → ... and pick/choose a suitable time.

A time that suits you (在 article 写了从句值得表扬, 但是在 summary 中, 这个从句会显得很长很累赘) - a suitable time (更简洁)

3 → Register your event on the website to receive a free kit... → Then, register your event online to request a free kit...

Then - 在总结 "how" 的时候, 要适当加表示顺序/时间的逻辑连接词

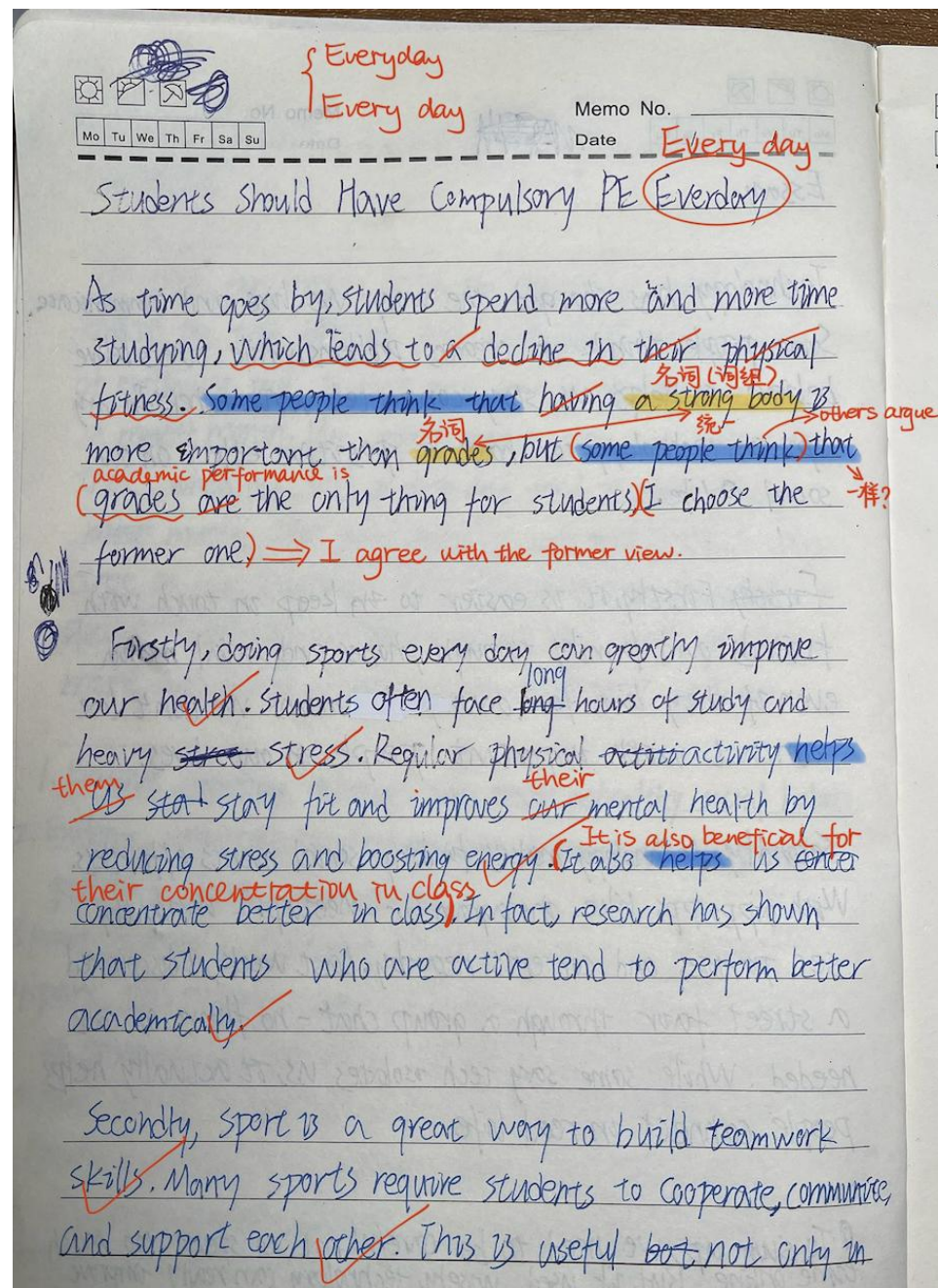
On the website - online (更简洁)

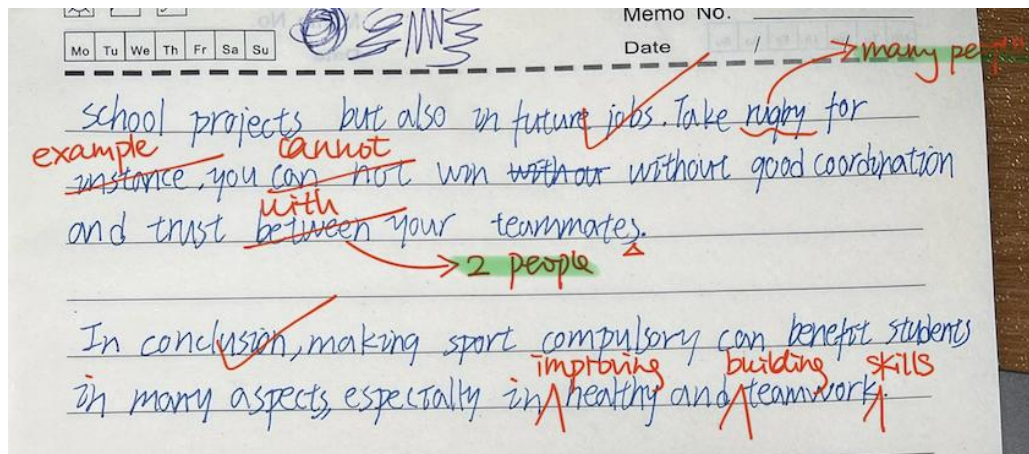
Receive - request (要先申请拿这个 kit, 才会 receive 呀)

3 → Finally, upload your results to the website... → After the event, upload your results to the website...

虽然 Finally 的使用完全正确，但是 “After the event” 更有代入感，减少机械化的陈述

IGCSE ESL Writing





Title

Every Day vs. Everyday

everyday - adj. “日常的，普通的，平常的”

These are my **everyday** routines.

every day - adverbial phrase - “每天”，指时间上的频率

I go to the gym **every day**.

Introduction

1 → ... which leads to a decline in their physical fitness → ... which leads to a decline in fitness.

*作业上划多了一个“a”，Forrest记得加上

“fitness” 本身就有“身体健康、体能”的意思，所以“physical”可以删掉，除非Forrest用“physical wellbeing”（还有mental wellbeing）

2 → Some people think that ... but some people think that... → Some people think that... but/while others argue/believe/hold the opinion that...

这是上课一直强调的句式呀

两个“Some people think that”会很重复（不能体现Forrest的词汇和表达储备；Plus，词汇多样性/丰富度也是考察标准）

3 → ... having a strong body is more important than grades... → ... a strong body is more important than grades...

“having a strong body”是一个动作

“grades” 是一个东西

在比较的时候，建议统一一下，可以是

* “**having** a strong body” + “**earning** good grades”

* “a strong body” + “good grades”

4 → ... grades are the only thing for student. → ... academic performance is the only thing for student.

因为前面已经用了“grade”了，所以再次提及这个词，可以换其他表达

5 → I choose the former one (我选前面那个???). → I agree with the former view/perspective/opinion.

表达自己立场的句式复习一下

Body Paragraph 1

1 → Regular physical activity helps us stay fit and improve our mental health by ... → **As students**, regular physical activity helps **us** stay fit and improve **our** mental health by... 或者 Regular physical activity helps **them** stay fit and improve **their** mental health by...

写作需要考虑一下读者，加上“As students”，不管是哪国、什么性别、几岁的读者，都会有代入感，会从Forrest的角度思考。如果不加“As students”，就改成“them”和“their”，让读者从第三人称的角度去思考

2 → It also helps us concentrate better in class. → It is also beneficial for their concentration in class.

还是“同意替换”的问题。前面用了helps，再用的话，思考一下有没有可以替换的表达

Body Paragraph 2

1 → Take rugby for instance, you can not win without good coordination and trust between your teammates. → Take rugby as an example, you can not win without good coordination and trust with your teammates.

*Take rugby for instance 是比较突兀的表达，更常见的是 “take ... as an example”，或者直接 “In rugby, ...”

*一般习惯写作 cannot (一个词，更正式和常见)

*三个人或三者以上 → among (或者在这里用 with)

Conclusion

结尾写得不错，但是还是没有完全按照课上讲的格式写，我们再补充一下：

Although enforcing compulsory sport may have some drawbacks, its benefits outweigh its disadvantages, especially in improving students' health and building teamwork skills.

New Writing Task - In-class Practising

Part 3: Exercise 3

'The better your education, the better your future career prospects are likely to be.'

Write an article for your school magazine giving *your* opinion about this matter.

The comments below may give you some ideas but you are free to use ideas of your own.

"I believe it is important to work hard and get good grades so my earnings will be greater."

"I have a successful technology business and I left school early."

"My parents have always encouraged me to aim for the career I want."

"It's always possible to study later on in life if you need to."

Introduction:

背景

...

大家的观点（包含两方面才会有辩论）

...

你的观点

...

Body Paragraph 1:

Firstly, having a strong ~~education~~ (educational) background ~~brings~~ (provides) you (+with) more opportunities in your career. As time goes by, the amount of knowledge (+you) accumulated ~~is also increasing~~ (increases), which ~~also~~ lays ~~the~~ (a solid) foundation for future entrepreneurship or work, (+both of) which ~~is~~ (are) essential. For example, Lei Jun, the Chief Executive Officer (CEO) of Xiaomi, is a well-educated person who used his knowledge to build a successful company.

Body Paragraph 2:

Secondly, education not only helps you gain knowledge but also builds important skills for your career.

*教育如何培养技能和能力（不仅仅是知识哦， teamwork? ）

*这些技能和能力在工作中的角色？

*例子

Conclusion:

Homework 1 - ARTICLE

P9 的作文 introduction、body paragraph 2, 以及 conclusion

Homework 2 - SUMMARY

- 11 Read the article about the history of the potato.

Write a summary about why the potato has become a popular food.

Your summary should be about 80 words long (and no more than 90 words long). You should use your own words as far as possible.

You will receive up to 6 marks for the content of your summary, and up to 6 marks for the style and accuracy of your language.

How the potato travelled the world

Wherever you travel, people consider the potato to be part of their local food. Potato can be cooked in many different ways and so is now found in a wide variety of dishes from Indian aloo gobi to Italian gnocchi. Until the middle of the 16th century though, this easy-to-grow vegetable was only found in South America. How then, in just a few centuries, did it become such a globally familiar food?

In 17th and 18th century Europe, many people didn't own any land and instead had to pay rent for the land they farmed. They often chose to grow potatoes, which had been introduced from South America previously, as these plants could produce a large amount of food in a small space. Potatoes also contain some important vitamins needed for human health, so it's no surprise that they became highly valued by farmers trying to feed their families.

There were many aspects to the potato's appeal. Although potato plants initially struggled to survive in the cold European winters, farmers eventually produced varieties of potato that were able to adapt to the local climate, and the potato became the main food crop in Europe. By the 19th century, potatoes were being grown across the world – from Asia to Africa, China to North America – in part due to the fact that they were cheap. Although potatoes could be stored well, the limited number of varieties meant that potato plants were sometimes destroyed by disease before they were able to produce a crop. So, in the early 20th century, scientists started trying to find a solution. Eventually they were successful and managed to produce a range of varieties that could resist disease.

Today, the world's top potato producers are China, India, Russia and Ukraine. The potato is now a genuinely global food crop.